

DINNERLY



Po'boy Fish Sandwich with Sweet Potato Wedges



30 minutes



2 Servings

Introducing your new dude food dinner fave – the classic American po'boy sandwich. It's as easy as piling crumbed fish, cooling cucumber and sweet chilli sauce into warm bread rolls, then tucking in.

WHAT WE SEND

- 1 sweet potato
- 1 Lebanese cucumber
- 2 white bread rolls ^{1,6}
- basa fish fillets ⁴
- 40g panko breadcrumbs ¹
- 2 tbs sweet chilli sauce

WHAT YOU NEED

- 60ml (¼ cup) olive oil
- 1 egg ³
- 2 tbs plain flour ¹
- 2 tbs mayonnaise ³

TOOLS

- 2 oven trays
- baking paper
- large frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Fish (4), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 945kcal, Fat 50.9g, Carbs 89.1g, Proteins 30.9g



1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Halve the **unpeeled sweet potato** widthwise, then cut into 1.5cm-thick wedges. Thinly slice the **cucumber** on an angle. Cut the **bread rolls** in half, but not all the way through. Halve any larger pieces of **fish** widthwise.



2. Bake wedges

Put the **sweet potato** on a lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and turn to coat. Bake on the upper oven shelf for 25 mins or until golden and tender.



3. Crumb fish

Meanwhile, whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** and **2 tbs plain flour** in separate shallow bowls. Dust the **fish** with flour, shake off the excess, then dip in the egg and coat in the breadcrumbs.



4. Pan-fry fish

Put the **rolls** on the remaining lined tray and bake on the lower shelf for 5 mins or until warmed through. Meanwhile, heat **2½ tbs olive oil** in a large frypan over medium-high heat. Cook the **fish** for 2 mins each side or until golden and cooked through. Drain on paper towel.



5. Serve up

Spread **2 tbs mayonnaise** over the **roll bases**. Layer with the **crumbed fish** and **cucumber**, drizzle with the **sweet chilli sauce** and sandwich with the **tops**. Serve with the **sweet potato wedges** and enjoy!



6. Make it yours

Our sweet chilli sauce has a mild heat. If you have little ones who don't like spice, serve their po'boys without it.